

Oven-Roasted Parmesan Zucchini: A Crispy, Flavorful Side Dish

quick, delicious, and healthy side dish



OVEN
400°F

TIME
20 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 medium zucchini, sliced into rounds or sticks
- 2 tablespoons olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon paprika (optional, for extra flavor)
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 tablespoon fresh parsley or basil, chopped (for garnish)

How to Make Oven-Roasted Parmesan Zucchini:

1. Preheat the Oven:

2. Prepare the Zucchini:

Slice the zucchini into rounds or sticks, about $\frac{1}{2}$ -inch thick.

In a large bowl, toss the zucchini with olive oil, salt, black pepper, garlic powder, and paprika.

3. Add the Parmesan Coating:

Arrange the zucchini in a single layer on the baking sheet.

Sprinkle the tops with grated Parmesan cheese, ensuring even coverage.

4. Roast Until Golden:

Bake for 12-15 minutes, or until the zucchini is tender and the cheese is golden brown.

For extra crispiness, broil for 1-2 minutes at the end.

5. Serve and Enjoy:

Garnish with fresh parsley or basil, and serve warm!

My Best Tips for the Perfect Parmesan Zucchini:

Don't overcrowd the pan - This ensures even roasting and crispy edges.

Use freshly grated Parmesan - It melts better than pre-packaged versions.

For extra crispiness - Try adding a light sprinkle of breadcrumbs before baking.

Try different seasonings - Italian seasoning or red pepper flakes add great flavor!

What to Serve with Parmesan Zucchini:

Grilled chicken or steak - A light and flavorful side.

Pasta or risotto - Adds a cheesy, veggie-packed contrast.

Dipping sauces - Try marinara, ranch, or garlic aioli.

Eggs and toast - A unique breakfast pairing!

FAQs:

DIRECTIONS

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.
2. **Prepare the Zucchini:** Slice the zucchini into rounds or sticks, about ½-inch thick.
3. In a large bowl, toss the zucchini with olive oil, salt, black pepper, garlic powder, and paprika.
4. **Add the Parmesan Coating:** Arrange the zucchini in a single layer on the baking sheet.
5. Sprinkle the tops with grated : Parmesan cheese, ensuring even coverage.
6. **Roast Until Golden:** Bake for 12-15 minutes, or until the zucchini is tender and the cheese is golden brown.
7. For extra crispiness, broil for 1-2 minutes at the end.
8. **Serve and Enjoy:** Garnish with fresh parsley or basil, and serve warm!
9. **My Best Tips for the Perfect Parmesan Zucchini:** Don't overcrowd the pan - This ensures even roasting and crispy edges.
10. Use freshly grated : Parmesan - It melts better than pre-packaged versions.
11. For extra crispiness - Try adding a light sprinkle of breadcrumbs before baking.
12. Try different seasonings - Italian seasoning or red pepper flakes add great flavor!
13. **What to Serve with Parmesan Zucchini:** This dish pairs perfectly with:
14. Grilled chicken or steak - A light and flavorful side.
15. Pasta or risotto - Adds a cheesy, veggie-packed

contrast.

16. Dipping sauces - Try marinara, ranch, or garlic aioli.
17. Eggs and toast - A unique breakfast pairing!
18. FAQs: Can I make this zucchini in an air fryer?Yes! Air-fry at 375°F for 8-10 minutes, shaking halfway through.
19. How do I store leftovers?Keep in an airtight container in the fridge for up to 3 days. Reheat in the oven for best texture.
20. Can I use yellow squash instead?Absolutely! Yellow squash works just as well as zucchini in this recipe.
21. This : Oven-Roasted Parmesan Zucchini is crispy, cheesy, and packed with flavor, making it a quick and healthy side dish for any meal. Whether you enjoy it as a snack, side, or appetizer, it's sure to be a favorite in your home.
22. Give it a try and let me know how it turns out!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/oven-roasted-parmesan-zucchini-a-crispy-flavorful-side-dish/>